

Crew Rest

GMT	Crew	Activity / <i>ODF or r/g</i>
08:00–08:10		Morning inspection
08:10–08:40		Personal hygiene (post-sleep)
08:40–09:30		BREAKFAST
11:00–12:30	CDR	Physical exercise (TVIS)
12:30–13:30		Physical exercise (RED)
12:30–14:00	FE-1	Physical exercise (TVIS+IRED day 3)
13:00–14:00	PLT	Physical exercise (cycle-3)
14:00–15:00		LUNCH
15:00–15:40	FE-1	Maintenance of ? ? ?
17:15–17:30	CDR	Private medical conference
17:15–18:45	PLT	Physical exercise (TVIS+IRED day 3)
18:40–18:55	FE-1	Private medical conference
18:55–19:10	PLT	
19:15–20:15	FE-1	Physical exercise (cycle-3)
19:25–19:50	CDR	Daily status check of US payloads
19:50–20:05		HAM RADIO PASS
20:15–20:30		Review of plan for incoming day
20:30–20:45		Daily planning conference
20:45–21:30	FE-1, PLT	Report prep
20:45–21:30	CDR	Work prep
21:30–22:00		DINNER
22:00–22:30		Daily food ration prep
22:30–23:30		Personal hygiene (pre-sleep)
23:30–11:00		SLEEP

NOTE: see OSTP for references to US activities

End of radiogram